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Plastic and Reconstructive Surgery
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Eyelid Surgery Post-Operative Instructions

1. **Diet:** Start with clear liquids (soup, jello, juices, popsicles, carbonated beverages or water). Advance to your regular diet.
2. **Activity:** Refrain from any strenuous activity for 48 hours. Elevate your head throughout the 24-48 hours after surgery to help reduce swelling. You may sleep on an extra pillow, or sleep upright in a recliner. Dr. Waters will advise you when you may resume exercising.
3. **Important eye care:** Apply Artificial Tears every 1 -2 hours while awake. For only the first 2 days, apply Bacitracin ophthalmic ointment on both eyelid incisions in the morning, and before going to bed as directed by Dr. Waters. Use the pain medication prescribed as necessary for pain. Apply moistened iced eye pads/compresses across both eyes for 48-72 hours. Do not rub your eyes while the wounds are healing. Do not use eye makeup for one week after surgery.
4. **Miscellaneous:**
No alcohol for 24 hours or while taking pain medication.
No driving until sutures are removed (5-6 days).

Call Dr. Waters if:

- You are unable to drink liquids in the morning because of nausea.
- You are unable to urinate eight hours after your surgery.
- Your temperature is greater than 101.5.
- You have heavy bleeding.

Please go to the emergency room if you feel you need to be seen immediately.

5. **What to expect:** Bruising around the eyelids and swelling of the eyelids will increase in the first few days after your surgery and then will begin to resolve. It may take several weeks for the complete resolution. Expect minimal discomfort for a day or two.
6. **Contact Information:**
Office (650) 328-9646
Dr. Waters' Pager (650) 723-8222 ID# 13514